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CLAIMS

1. Use of spermidine as an active principle in the preparation of a composition for pharmaceutical or dietetic use in man to combat hair loss.
- 5 2. Use of spermidine according to Claim 1, to combat hair loss in the case of the pathology known as telogenic defluvium.
3. Use of spermidine according to Claim 2, to reduce the telogenic phase in the growth cycle of the hair.
4. Use of spermidine according to Claim 1, to make the hair robust.
- 10 5. Composition for pharmaceutical or dietetic use to be administered to man to combat hair loss, characterized in that it comprises spermidine as active principle.
6. Composition according to Claim 5, characterized in that it comprises methionine, vitamin C, polyphenols, vitamin E, calcium
- 15 pantothenate, zinc (as amino acid chelate), vitamin B₆, copper (as amino acid chelate), folic acid and biotin.
7. Composition according to Claim 6, characterized in that it comprises:

Methionine	300.00	mg
20 Vitamin C	90.00	mg
Polyphenols from <i>Vitis vinifera</i>	5.00	mg
Vitamin E	15.00	mg
Calcium pantothenate	9.00	mg
Zinc (as amino acid chelate)	7.50	mg
25 Vitamin B ₆	2.00	mg
Copper (as amino acid chelate)	1.25	mg
Spermidine	0.50	mg
Folic acid	0.15	mg
Biotin	0.05	mg
- 30 8. Composition according to Claim 5, characterized in that it is